

Sheldon sponsors poetry readings

Sheldon Film Theatre is sponsoring a public poetry reading in the Gallery Sunday at 3 p.m. This is the first attempt to expose local poets to the community through a joint effort by Sheldon and Greg Kuzma, a poet in residence in the UNL English dept.

The readers include John Brehm, Greg Kosmicki, Nancy McCleery, Bill Regier, Mordecai Marcus, Charles Mignon, Jack Collom, Bill Kloefkorn, Roy Scheele, Claire Mattem and Ted Kooser.

Audience attendance will determine whether the readings will be performed on a regular basis, according to Dan Ladley, director of Sheldon Film Theatre.

If a regular series is scheduled, it will be composed mainly of local poets, but national poets may be brought in depending on finances, Ladley said. The next reading is tentatively set for April.

"Eventually, it's hoped the poets will be paid," Ladley said.

Copies of the poets' books will be displayed and on sale.

Jazzman Tyner performs Sunday

World-renowned jazz pianist McCoy Tyner will be in concert at 8 p.m. Sunday at O'Donnell Auditorium on the Nebraska Wesleyan Campus.

Tyner, 37, has won numerous awards including the *Downbeat* magazine readers' poll "Jazzman of the Year" in 1975 and 1976. He also won *Rolling Stone's* "Jazzman of the Year" in 1975.

According to Jack Hart, president of the Lincoln Jazz Society, Tyner will come to Lincoln with four band members. Hart said one never knows who Tyner will bring but the band probably will consist of Joe Ford, tenor sax; Eric Gravatt, drums; Charles Fambrough, bass; and Guilherme Franco, percussion.

Tyner currently has three albums on the *Billboard* Jazz charts including his latest album, *Focal Point*, Hart said. The other two on the charts are *Fly With The Wind* and *Trident*.

Tyner began his jazz career as a pianist with jazz pioneer John Coltrane in the early 1960s. Tyner left the group 11 years ago to start his solo career and since then has made about 20 albums featuring himself and others.

Tyner plays acoustic piano and uses no electric instruments. According to *Rolling Stone*, he plays heavy, high-volume songs mixed with soft melodies at his concerts. The magazine also said Tyner's hands become "a blur" on the keyboard from striking the keys so quickly.

When asked what could be expected at the concert, Hart said, "Surprises. That's about all I can say. There's no way to describe the way he sounds."

The concert, presented by the Lincoln Jazz Society, is the third in a series of four concerts. Hart said his plans for a prosperous season hinge on the concert, adding that if anyone is interested in jazz the Tyner concert would be the one to attend.

Hart said he expects about 700 persons to attend with half of the audience being season ticket holders.

arts and entertainment

Taste bud tickler: natural foods

By Carin Engstrom

When residence hall food or T.V. dinners short circuit your taste buds, try cooking natural foods.

Natural foods are unadulterated, fresh produce and

grains grown in soils abundant in organic material, without chemical additives.

Unfortunately, the question of obtaining natural foods does not rest entirely on the consumer, but also is the responsibility of food growers and packagers. It's healthier to buy fresh food than canned, brown rice instead of white or fresh meat like round steak and liver instead of packaged meats.

All that is needed is a hot plate, popcorn popper, radiator or heater to prepare natural foods. If a stove is available make use of it. Refrigeration for left-overs and storage is necessary.

Yogurt is natural food rich in calcium and vitamin B. Yogurt is a cultured milk product, high in healthy bacteria useful in conditioning the stomach. It eases ulcers, regulates bowels and is easier to digest than milk. Yogurt also helps repair damage in the intestinal tract caused by antibiotics.

If possible, avoid using commercial yogurt that contains preservatives, sugar, jelling agents, artificial flavoring and coloring. For health purposes it's better to buy the unflavored type, but making it yourself saves money.



Jazz pianist McCoy Tyner

Fun festival films fixed for Friday

The Union Program Council will sponsor six films during the Walpurgisnacht festival Friday.

The 400 Blows, a classic French film directed by Francois Truffaut (*Small Change*) will be shown in rooms 242-3 at 8 p.m., 10:30 p.m. and 1 a.m.

The 1959 film is a charming study of a Parisian youth who turns to a life of crime. In *The 400 Blows*, Truffaut demonstrates his gift for capturing the viewpoint of young people.

Harold and Maude, the most offbeat of all love stories, will be screened in room 202 at 8 p.m. Directed by Hal Ashby (*Shampoo*) and starring Ruth Gordon and Bud Cort, *Harold and Maude*, tells the story of a young man obsessed with death who meets a zany 79-year-old woman. The 1971 film has become a cult favorite since its release and set long-running records in some cities.

How To Marry a Millionaire (1953) is a sprightly story of three husband-hunting girls (Marilyn Monroe, Lauren Bacall and Betty Grable) who pool their resources to catch eligible bachelors. *How To Marry a Millionaire* will be shown at 10 p.m. in Room 202.

Norman Rockwell: An American Dream a film exploring the artist's work, will be shown at 10:30 p.m. in room 232.

Don't Look Now, a highly acclaimed horror film starring Julie Christie and Donald Sutherland, will be shown at 12 a.m. in room 202. Directed by Nicholas Roeg (*The Man Who Fell to Earth*) and based on a story by Daphne Du Maurier, the film was praised by critics for its visual technique.

A series of Human Potentials films will be shown continuously from 9 p.m. to 2 a.m. in Room 343. *Evolution of Yogi*, *Flowing with the Tao* and *Biofeedback: The Yoga of the West* are included in the program.

The classic Marx Brothers film, *Animal Crackers*, will be shown in Room 202 at 2 a.m. The 1930 release includes the famous "Hooray for Captain Spaulding" number.

Admission to the Human Potentials films and the Norman Rockwell film is free, while all other films require three tickets. Foreign Film Series tickets may be used for admission to *The 400 Blows*.

Recipes

Homemade Yogurt

1 qt. milk
3 tbsp. dried milk (optional)
3 tbsps. unflavored yogurt or a dry yogurt culture jars with tops

Put milk into a heavy pot and place over low heat. (Use a hot plate, if a stove is not available.) If using dry milk mix it into a smooth paste with a small amount of milk, then stir into the rest of the milk. Scald milk; it should be steaming, not boiling. Remove from heat and let cool to about 110 degrees (lukewarm).

Cooling can be hastened by setting the pot of milk in a sink or tub of cold water. After cooled, mix in fresh yogurt, making sure there are no lumps. Then ladle the mixture into clean jars and cap them.

The point now is to keep the yogurt at about 110 degrees for three to eight hours. There are a variety of ways to heat the yogurt.

Put the jars in a heavy pot with a few inches of warm water (not hot) on a radiator or heater or place over a pilot light. An oven without a pilot light can be used by turning it on periodically. Or put the jars in an electric frying pan partially filled with water and kept at low temperature. In all cases check the water temperature, occasionally. If it's too cold the yogurt won't jell and if too hot the yogurt bacteria will die and the milk will curdle.

Yogurt made with fresh ingredients usually takes three to five hours to jell, but made with dried yogurt it takes up to eight hours.

When the yogurt is ready a knife inserted shows it's firm (it becomes firmer with refrigeration.) Then remove from water and refrigerate.

It can be eaten plain, sweetened with honey, maple syrup or flavored with jam or fresh fruit. For vanilla or coffee flavor, add vanilla extract or instant coffee with a little honey.

Sunflower Seed-Peanut Roast
1 cup raw hulled sunflower seeds

1/2 cup raw shelled peanuts
1 tsp. soy sauce (optional)
1 tsp. vegetable oil (preferably pressed oil)

1 tsp. salt
1/2 cup raisins or currants (optional)

Place seeds and peanuts in a heavy skillet over medium heat or in a popcorn popper. Stir until a roasted aroma rises and the seeds and nuts start to brown. Add soy sauce if desired. Sprinkle

in oil, stirring to coat everything evenly, then stir in salt. Pour into serving bowl and add raisins or currants.

Lentil Salad

2 medium onions, chopped
2 cloves garlic, chopped
11 tbsps. olive oil (preferably pressed)
3 tbsps. vinegar
2 cups dry lentils
4 whole cloves
2 bay leaves

Salt and pepper to taste
Water to cover

Saute onion and garlic in 4 tbsps. olive oil until transparent. Add remaining ingredients and simmer until lentils are just cooked—don't overcook. Drain, remove cloves and bay leaf, let cool. Then toss lentils in remaining olive oil and vinegar. Serve with Natural Dressing if desired.

Natural Dressing

1/2 cup parsley, chopped
1 large onion, chopped
1 tbsp. mustard
Juice of 1 lemon
Salt and pepper
Olive oil (preferably pressed oil)

Mix above ingredients except for oil. Slowly add oil until dressing thickens. Add to Lentil Salad and mix well. Garnish with watercress and tomato wedges if desired.

Wild Raspberry Tea

1 teaspoon dried raspberry leaves per cup

Water
Boil desired amount of water in a pan. Place leaves in a tea strainer, add water and steep for 15 minutes. Sweeten with honey if desired.

Red clover tea is high in iron and a blood purifier. It has a delicate taste; add a few peppermint leaves for a hardier flavor.

Red Clover Tea
2 tbsps. red clover per cup

Water
To brew, steep red clover in strainer in one cup of boiling water for 10 to 15 minutes. Strain and serve with honey or lemon if desired.

Sesame Seed Squares

1/2 cup honey
1/2 cup peanut butter, nonhydrogenated

1 cup powdered milk
1/2 cup shredded, unsweetened coconut

1 cup sesame seeds
Heat honey and peanut butter until hot, not boiling.

Add dry milk, coconut and seeds. Mix well. Pat into a square pan. Refrigerate to set. Cut into squares.

Movies

Sheldon Film Theatre: *Loose Ends* (R)—3, 7 and 9 p.m.

Stuart: *Silver Streak* (PG)—1:15, 3:15, 5:15, 7:15 and 9:15 p.m.

State: *The Stewardesses* (X)—7:10, 8:30 and 9:50 p.m.

Cinema 1: *The Enforcer* (R)—2:15, 4:00, 5:45, 7:30 and 9:15 p.m.

Cinema 2: *A Star Is Born* (R)—1:55, 4:30, 7:05 and 9:40 p.m.

Plaza 1: *Small Change* (PG)—1:15, 3:15, 5:15, 7:15 and 9:15 p.m.

Plaza 2: *The Seven-Per-Cent Solution* (PG)—1:00, 3:10, 5:20, 7:30 and 9:40 p.m.

Plaza 3: *Never a Dull Moment* (G)—7 and 9:25 p.m.

Plaza 4: *In Search of Noah's Ark* (G)—5, 7 and 9 p.m.

Douglas 1: *Carrie* (R)—1:25, 3:25, 5:25,

7:25 and 9:25 p.m.

Douglas 2: *The Town that Dreaded Sundown* (R)—5:35, 7:35 and 9:35 p.m. Friday-Sunday and 1:35 and 3:35 p.m. Saturday-Sunday.

Douglas 3: *The Pink Panther Strikes Again* (PG)—1:15, 3:15, 5:15, 7:15 and 9:15 p.m.

Cooper/Lincoln: *King Kong* (PG)—2:00, 4:30, 7, and 7:30 p.m.

Hollywood: *Deep Throat/The Devil in Miss Jones* (X)—7, 8:05, 9:25 and 10:30 p.m.

Vine: *One Flew Over the Cuckoo's Nest* (R)—7 and 9:30 p.m.

Embassy: *Sometime Sweet Susan/Fantasy in Blue* (X)—continuous from 11 a.m.

Cinema X: *The Story of 'O'* (X)—24 hours a day.

Joyo: *Mother, Jugs and Speed* (PG)—2, 7 and 9 p.m.